

Lifesprk SHINE ON™
Formerly AgeWell

GLOW

NEWSLETTER

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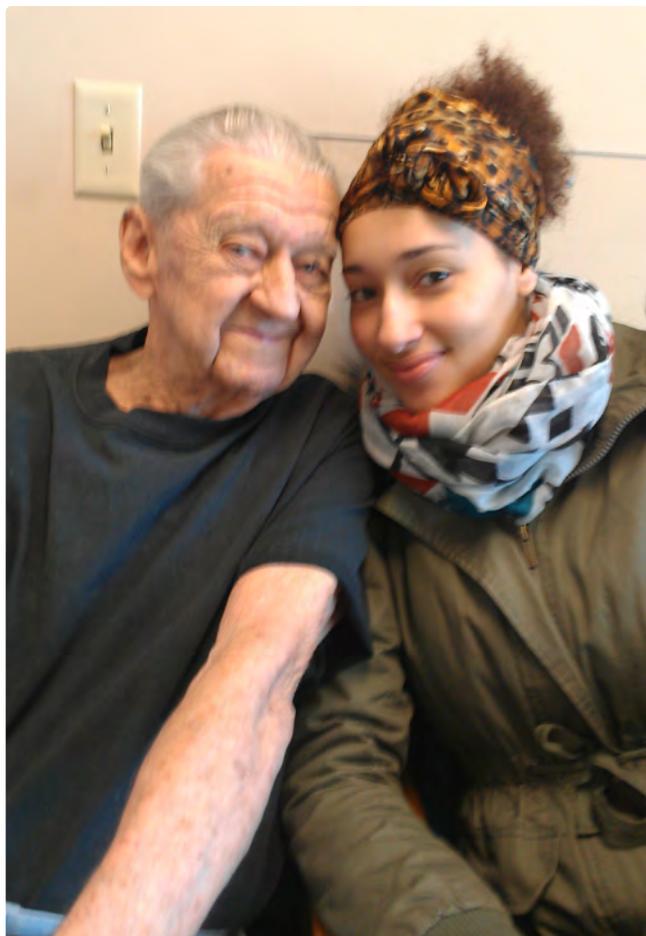
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An Overlooked Option for Sparking Lives and Keeping People Home

Live-in caregivers are a crucial, yet underutilized solution to helping people remain safely at home. "Fear often prevents people from taking this next step because they aren't comfortable having someone live with them 24/7," said Katie Musburger a Lifesprk Staffing Supervisor, who hears this repeatedly from clients and families. "Once they embrace a live-in caregiver, they are more at ease and it ends up having a secondary effect improving their wellbeing in ways they didn't expect," said Katie.

Ray's family was at a crossroads after an injury left him unable to care for himself at home – they didn't know what to do. Ray wanted to remain at home but a clinic social worker thought he might need a nursing home. Not an option he wanted to hear. At 95, he's been living happily independent for decades with what he calls his "safety net," which included his Lifesprk Life Care Manager (LCM) Mary Claire O'Brien, RN. "Ray ran into situations he didn't anticipate when he broke his ankle," said Mary Claire. "His physician ordered him to stay off of it in order to heal. For someone as independent as Ray, this was challenging. He was used to preparing his own meals, doing laundry, and taking out the trash each week."

Before they tried the nursing home route, Mary Claire suggested hiring a live-in caregiver. At first Ray was glum. "I wasn't going to push him to have a live-in simply to prove a point that it could work," said Mary Claire. "But he tried it, and by my next visit he was flourishing - the companionship and oversight in maintaining his home the way he



Lifesprk client, Ray H., and his Home Health Aide, China

would ease his mind so he could focus on healing. Today, Ray no longer needs a live-in, he's back to living on his own with me as his LCM," explained Mary Claire. And that's only one example of how live-ins can work, "it's a growing option for many »

Live-Ins Bring Flexibility & Value

Lifesprk live-ins provide assistance with activities of daily living and common household chores:

Showering / Grooming / Dressing / Housecleaning / Laundry / Errands / Meal Preparation

Staffing Supervisors match the skill-set of live-ins to the needs, personalities and interests of the client. They are hired for their flexibility, creativity and passion for the work they do. Caregivers must pass a national and state background check before being hired and complete orientation and skills training by a Lifesprk Life Care Manager (nurse). Live-ins must have a year experience or a CNA license before being hired.

Questions about whether a live-in is right for you? Ask your Life Care Manager or call our Lifesprk Navigators at 952-345-8770 or email ShineOn@lifesprk.com.

people because it keeps them home and safe," said Mary Claire.

Before making the decision to move, Mary Claire suggests trying a live-in caregiver, even for clients with dementia where safety might be a concern. "Sometimes moving isn't the answer for those with dementia because it could be too active an environment and overwhelming," added Mary Claire.

Katie points out that live-ins offer one-on-one attention in your own home or apartment, and surprisingly can be an affordable alternative to assisted living settings. "They get home cooked meals, rides to the grocery store, even visits to a museum," said Katie. "Some of our clients with a live-in get out every day and walk around the mall. Whatever they enjoy, we make every effort to help them shine. And while they are living their life, our live-ins keep a close eye on changes that might signal an issue before it becomes a bigger problem." A simple call to the nurse, what we call the Lifesprk Life Care Manager, in the morning by a live-in concerned about a change in night time patterns can make the difference in quickly diagnosing a urinary tract infection before it becomes serious. "When you have someone there on an on-going basis, you find areas of vulnerabilities that could interfere with their independence and health," added Mary Claire.

It's the big picture Mary Claire believes that really makes the difference. "Our approach is different, while our nurses and caregivers do solve medical issues, we go further to incorporate all elements of living well, making sure people continue to have the resources to live life on their terms."

The greatest benefit of live-ins, seen by both Mary Claire and Katie, is a renewed reason to get up in the morning. "Peace of mind, 24/7, often is the spark they needed," added Mary Claire.



Second Wind Tour RECAP

Dr. Bill Thomas's message on his Second Wind Tour (www.secondwindtour.org) is clear – there's a strong need to create new opportunities for people in the second half of life as they move into elderhood. On May 9, Lifesprk brought this tour to Orchestra Hall in Minneapolis– the only stop in the Upper Mid-West. As Joel Theisen, RN, CEO and Founder of Lifesprk and a featured speaker at the SWT event explained, we've missed the mark in health care and other services because "we too often forget to start with the human at the center of it all, and a growing body of research is showing just how important it is to connect to the person first to achieve the outcomes and experiences we want. Instead of trying to 'fix' people or provide transactional services that address a narrow slice of your life, we need to connect with ourselves, FIRST – discover your purpose, what sparks you? And the rest will follow."

See more about Lifesprk's Second Wind Tour event on the Lifesprk website at www.lifesprk.com/change-on.



DID YOU KNOW... Lifesprk offers Housing Solutions, an expert navigation service with a personalized assessment to more than 400+ housing options in the Twin Cities metro, all at no cost to you. Why is this important? According to the Long-Term Care Awareness study by Northwestern Mutual 21% of the respondents were 'not sure at all' what long-term care options were available, and only half knew that assisted living could be a potential solution for senior care needs. The key? Tap the knowledge of an expert to get support and information so you can make good, informed choices.

Call today for a copy of Lifesprk's free special report on "The Top 7 Tips Before You Move Your Parent" at 952-345-8770.

ROLLIE AND DORIS

REAL PEOPLE. REAL RESULTS

Rollie and Doris are husband and wife, an active couple throughout their 68 years of marriage. Ping pong games, swimming, faith, love – these are what motivated them to be a strong team together. At 91 and 93, they are discovering that some of the activities they used to love are still possible with a few adjustments.

They're human, with the same concerns, issues, and challenges people in the second half of life face. But they also have a strong faith, and as Ethel Muchlinski, RN, their Lifesprk Life Care Manager (LCM), points out "the sweetest most loving relationship." It's what got them through their time apart when Doris lived in Memory Care at one community while Rollie was at a different senior community. Doris had her share of falls, was weak, barely able to walk, and lonely - until an opening at Parkshore, a SilverCrest campus, brought them back together where Lifesprk partners with SilverCrest to provide Life Care Management for its residents.

With a quick glance on Doris's profile sheet, Ethel learned Doris had a passion for swimming. LCMs are nurses, prepared to provide services for those with memory and other health issues. "But we're not just any nurse, we're Lifesprk nurses," said Ethel. "And knowing a client likes to swim can make all the difference in their Life Plan because it could be the key to sparking their life, a missing piece in today's health care." Turns out, Ethel was right - sparking not only one life, but two.

After many conversations with Doris about her deep love of swimming, the decision was made – Doris was getting in the pool. "Doris was



Lifesprk clients and wife and husband, Doris and Rollie, enjoying a swim together at Parkshore, a SilverCrest community.

excited about the opportunity to swim," said Ethel. "And even more so when I shared she also might be able to walk again unassisted." Ethel explained how the buoyancy in the pool would give her the added support to walk, and with another person in the water with her, she'd be safe. The spark in Doris's eyes was worth every effort to get her to the pool on Parkshore's campus. The best part? Rollie joins her – keeping his own personal goals of remaining strong in progress. His LCM Paula Crouch said he's had less back pain and getting into the pool gave him the peace of mind knowing Doris has help, and they can continue their

athletic lifestyle." Twice a week they get into the pool, together. "She's gotten so much stronger physically and emotionally. With the simple act of swimming, Doris has fewer falls and has reignited her sweet loving relationship with her husband," said Ethel. She's now floating on her back, hitting a ball with a paddle and can move, unencumbered by a walker or wheelchair." Her goals were met and the spark was ignited," smiled Ethel.

The only thing Rollie and Doris have to worry about is clearing their schedule for next Thursday's swim.

Baby On!

Katie Meirhofer, Life Care Manager, captured the pure joy and spark in her client's eyes as they held her son, Kellan. Smile On!



New Pilot Program to Help Reduce Health Crises for Older Adults

Lifesprk has developed a partnership with Augustana Care to create a new pilot program called Augustana Care Connections (ACC) to enhance services for older adults and help reduce health crises for people in the second half of life. This free service is designed to give people discharged from short-term rehabilitation added support in the community — reducing hospital readmissions, improving outcomes, and sparking lives to help people live more fully. This first-of-its-kind collaboration in the Twin Cities market provides ongoing proactive guidance that helps close gaps and provide resources and education to address the myriad issues, including psycho-social, that contribute to health crises.

According to Joel Theisen, RN, CEO & Founder of Lifesprk, “innovative partnerships like this one are essential in today’s market to be ready to create ‘systems of excellence’ that integrate and transform traditional silos of excellence. Our vision is to design and deliver the most effective post-acute continuum that fosters long-term, trusted relationships with people to produce the best outcomes and improved life experience over time.”

For more information about the program, please call ACC at 877-345-3319.





4570 West 77th Street, Suite 350
Edina, MN 55435



Lyn Lais, RN

Administering Pilot Program with Augustana Care Connections

Lyn Lais, RN, has re-joined Lifesprk as a Life Care Navigator to spearhead the Augustana Care Connections (ACC) program. A registered nurse with over 24 years of health care experience, Lyn prides herself on delivering a different experience that focuses on the individual, helping them build a path to their goals. Pam Hursh, RN, MBA, Senior Vice President of Life Services for Lifesprk adds that Lynn brings expertise as a Lifesprk Life Care Manager, Home Care Navigator, and Transitions Manager for short-term rehabilitation. "With her broad system perspective," continued Hursh, "she'll use her deep understanding of what people need across various settings to foster positive transitions, and help clients avoid readmissions while living sparked lives."

Before joining Lifesprk, Lyn held previous roles at Visiting Angels as their Life Care Navigator and at Walker Methodist Health Center as a Transition Manager. She holds an Associate's Degree in Nursing, from St Catherine University, St Mary's. Lyn is also a member of the Minnesota Memory Care Professionals Association.

**For more
information
about the
program,
please call
Augustana Care
Connections at
877-345-3319.**

We'd like to keep you informed, however if you don't wish to continue receiving this newsletter or if your mailing label isn't correct, please let us know. Call: (952) 345-8770 or ShineOn@lifesprk.com.

Keep your life on track so you can focus on what's most important to you.

Lifesprk is changing the experience for people in the second half of life. What does that mean for you? It means a better experience, with more opportunities to shine the way you want. We'll help you discover your priorities and help you achieve your goals. More than shining, you'll GLOW.

To learn more call or visit today
952-345-8770 | www.lifesprk.com

Join the conversation



4570 West 77th Street, Suite 350, Edina, MN 55435